

# Keto S'mores Bars

Hands-on 30 minutes Overall 1 hour 30 minutes

**Nutritional values (per serving, 1 bar):** Total carbs: 5 g, Fiber: 1.6 g, **Net carbs: 3.4 g**,

Protein: 3.9 g, Fat: 12.8 g, Calories: 142 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 20 servings)

### Marshmallows:

1/3 cup water (80 ml/ 2.7 fl oz)

2 tbsp [gelatin powder](#) (22 g/ 0.8 oz)

1/2 cup water (120 ml/ 4 fl oz)

1 cup [Allulose](#) or [Erythritol](#) or [Swerve](#) (200 g/ 7.1 oz), or use 1/4 cup more or less to taste

1 tsp sugar-free [vanilla extract](#)

1/8 tsp sea salt

### Graham crackers:

2/3 stick unsalted butter, softened (75 g/ 2.7 oz)

1/2 cup + 2 tbsp granulated [Swerve](#) (90 g/ 3.2 oz)

2 cups [almond flour](#) (200 g/ 7.1 oz)

1 tsp [flax meal](#)

2 tsp [cinnamon](#)

1 tsp [gluten-free baking powder](#)

1 tsp [vanilla bean powder](#) or 2-3 tsp sugar-free [vanilla extract](#)

dash of sea salt

1 large egg

1 tsp blackstrap molasses or [yacon syrup](#) (yes, *blackstrap molasses increases the carbs but only slightly, and I feel that it is essential for that malty flavour*)

### To assemble:

20 squares [90% dark chocolate](#) or [sugar-free chocolate](#) (200 g/ 7.1 oz)

## Instructions

1. Prepare the the full [No Fail Fluffy Keto Marshmallows](#) recipe. To do that you'll need water, gelatin powder, Allulose (or other low-carb sweetener such as Erythritol or Swerve), vanilla extract and salt.

2. Cut the marshmallows into 20 smaller cubes. (The original recipe asks you to cut in 15 but you'll need smaller marshmallows in this recipe.)
3. Prepare the [Homemade Low-Carb Graham Crackers](#). To do that you'll need butter, Erythritol (or Swerve), almond flour, flax meal, cinnamon, baking powder, vanilla extract, salt, egg and blackstrap molasses (or use yacon syrup instead). Make sure to cut them in 40 pieces so you have 2 crackers per each bar.
4. Place a piece of dark chocolate (Lindt works best as it's large and thin) on top of each cracker. Add a piece of marshmallow
5. Just before serving, use a blow torch to caramelize. Alternatively, you could broil on high, very briefly. Top the toasted marshmallow with another cracker. Optionally, blow torch the sides.
6. Once toasted, these S'mores Bars taste best fresh. You can store the individual components for several days. The crackers will keep at room temperature in a container loosely covered with kitchen towel for up to a week. The marshmallows can be stored in an airtight Tupperware, layered between sheets of greaseproof paper, for 2 to 3 weeks. They should be dusted with a mixture of arrowroot and powdered low-carb sweetener as described in the [original recipe](#).)

## More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)